

# **EARLSMEAD PRIMARY SCHOOL**

## **Whole School Physical Activity Policy**



**SUCCESS *for* ALL**

<b>Written by</b>	<b>Mathew Safarian</b>
<b>Date for Review</b>	<b>February 2024</b>

## **MISSION STATEMENT**

At Earlsmead Primary School we encourage all members of our school community to strive to be the best they can be and develop new skills that empower them for life-long learning in order to become confident, valuable members of society.

We create an inclusive, supportive, safe and challenging environment where all contributions are valued.

Learning is motivating and independence is encouraged; hence all become reflective, self-learning team members with a positive sense of wellbeing and a love of learning.

## **OUR VISION**

Working in partnership with children, parents, staff and Governors, as a community we will achieve *Success for All* through:

*Securing resilience*

*Understanding values and respecting others*

*Committing to our learning*

*Community involvement*

*Equality for all*

*Striving to do our very best*

*Setting high expectations*

### **1. Rationale**

In Earlsmead we believe PE is very important for children in many different ways. It helps children to stay healthy by exercising and learning more about their own bodies. Children will learn new skills in PE that are transferable and can be used in their everyday lives. There are many different activities that will encourage working as a team to complete an objective; this will increase teamwork and social skills. When children do PE, it stimulates the brain and it helps children to concentrate more in class and retain information they are learning.

## **2. Aim**

The Physical Activity Policy fits with the school ethos and aims, contributes to raising the confidence and self-esteem of the whole school community, and also helps achieve the physical, cultural, moral and spiritual needs of pupils.

Earlsmead will establish an activity-based ethos and environment that will increase activity levels and promote health within and outside of the curriculum.

## **3. Objectives**

The policy is based upon the following objectives:

- To provide students the best possible physical activity experience regardless of race, age, ability or location, so as to encourage a lifelong, healthy lifestyle pattern.
- Working towards a minimum of two hours high quality physical education within the curriculum, and offering additional hours through extra-curricular clubs and competitions.
- Increased pupil participation in physical activity, both within and outside of curriculum time.
- Maintain a high profile for physical activity in all aspects of school life.
- Provide appropriate, ongoing training for all staff, including teaching and non-teaching staff.
- A designated member of staff (P.E. coordinator) will lead on the broader aspects of physical activity development, with the support of senior staff.
- Offer a broad and balanced activity programme, which is inclusive to all pupils.
- Provision of adequate resources and funding for physical activity.
- Provide safe and stimulating areas in which children can play and be active.
- Commitment to ensuring safe and effective exercise procedures.
- Raising the profile of physical activity throughout the school and encouraging cross-curricular links.
- Making facilities available for use at break times and lunchtimes and encouraging pupils to be active at these times.
- Organising specific events that promote and raise the profile of physical activity.

- To develop and apply skills in a co-operative manner using appropriate levels of experience and/or competition as required.
- To provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.
- Work with key partners, including the School Sport Partnership, Healthy Schools Programme and TFL STARS, in helping to promote physical activity.
- Promote regular physical activities to all school staff.

#### **4. Roles and responsibilities**

The School has responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

Coaches and teachers play a major role and other members of the school community are also encouraged to become involved in the school's physical activity programme.

The following roles and responsibilities encompass areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, equipment and behaviour.

#### **5. Staff responsibilities**

- All staff responsible for physical activity should ensure that basic rules regarding behaviour are established and adhered to.
- Rules regarding clothing, footwear, jewellery etc. are encouraged.
- Safe and effective exercise procedures are adopted in all physical activities, including warm ups and cool downs.

#### **6. Playtime/break-time activity**

- Make a range of equipment available to all pupils during playtime periods.
- Train senior pupils to act as Playmaker Leaders: oversee equipment and support activities for younger children.

- Ensure that lunchtime supervisors are able to promote and support playtime activity.
- Develop appropriate and safe playground areas, which have innovative, permanent markings, designed by children and staff, which encourage and facilitate activities to all pupils.

## **7. Promotion of walking or cycling to school**

This policy links closely with the school's Travel Plan and pupils are encouraged to walk to school. Pupils who have received 'Bikeability' training and agree to wear a helmet will also be encouraged to cycle to school. Secure bike storage pods have been provided. Younger pupils also receive scooter training and a scooter park is provided. All pupils are encouraged to Walk to School or 'park and stride' to supplement the school's programme for physical activity.

## **8. Out of school hours learning opportunities**

- Provide a diverse weekly programme of out of school hours activity clubs, which suits the needs of all pupils.
- Provide a programme which offers an equal balance of competitive and non-competitive activities.
- Breakfast and after school clubs give opportunities for pupils to be physically active.

## **9. School Sport Partnership and community links**

- Ensure that the school regularly participates in the annual programme of festivals and competitions, which promote physical activity.

## **10. Staff activity**

- Advertise activity sessions which are available to all staff.
- Encourage all staff to change and take an active part in PE lessons.

## **11. Monitoring and evaluation**

Regular monitoring and evaluating of the policy will be undertaken with pupils, staff, parents, governors and external partners and coaches. The proportion of pupils walking or cycling to school, as well as any OFSTED reports, will also be maintained to contribute to the evaluation of the policy.